

Week 2 | Day 4 | Front Splits Coaching Group

Coach Bachmann - Performing Arts Training

www.coachbachmann.com

Warm Up

| Order | Exercise | Sets & Reps | Notes |
|-------|-------------------|---------------|--------------------------------------|
| A1 | Jumping Jacks | 1min | |
| A2 | High Knees | 1min | Get going! Bring up that heart rate! |
| A3 | Mountain Climbers | 2x40sec | |
| A4 | Long Back Lunges | 10x each side | |

Specific Warm Up

| Order | Exercise | Sets & Reps | Notes |
|-------|--------------------------------------------------------|-------------------------------|---------------------------------------------------------------------------------|
| B1 | Walking Pike | 40sec | |
| B2 | 1 Legged Hamstring Stretch on Back | 20x & 10sec hold | |
| B3 | Standing Hip Circles | 10x each direction & each leg | Hips stay parallel. Move leg inside of hips only! |
| B4 | Laying Quad Opener with Yoga Block | 40sec | Do not arch lower back. Engage the abs to bring the stretch into the hip flexor |
| B5 | Prep For Half Split | 40sec | Hip over back knee. Focus on Posterior Pelvic Tilt |
| B6 | Half Split Back Knee Bent against Wall. Glutes by Hips | 40sec | Keep the hips close to the wall |
| B7 | Half Split Back Knee Bent against the Wall | 1min | Drop your hips down low. |
| B8 | Half Split on Elbows | 40sec | |

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Half Split Set

Do all exercises on 1 side back to back without a break. Then repeat on the other!

| Order | Exercise | Sets & Reps | Notes |
|-------|-------------------------------|-------------|-----------------------------------------------------------------------------------------------------------------------------------|
| C1 | Half Split Side Bend | 40sec | |
| C2 | Runners Stretch Pulses | 10x | |
| C3 | Half Split Back Knee Straight | 30sec | Straighten the knee all the way! Hips stay low! |
| C4 | Parallel Runners Stretch | 40sec | Lower back straight. Elevate your hands if you can not reach the floor. |
| C5 | Half Split Reps | 10x | Knee fully locked every time! Keeps hips low. Back foot pushing heel and entire leg forward and helps with posterior pelvic tilt. |
| C6 | Runners Stretch | 40sec | Lower back is straight or even arched. Use Yoga blocks if you can not reach the floor |

Split on Floor

| Order | Exercise | Sets & Reps | Notes |
|-------|-------------------------------|-------------|--------------------------------------------------------------------------------------------------------------|
| D1 | Front Split on Floor | 1min | Quality over depth. Shoulders and hips parallel. If you are close to touching the floor extend the back knee |
| D2 | Assisted Front Split Push Ups | 10x | Weight equally in between both legs. Hips & Shoulders squared! |
| D3 | Half Split Kicks | 8x | |

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Recovery & Injury Prevention

| Order | Exercise | Sets & Reps | Notes |
|-------|-------------------------------------------|----------------------|-------------------------------------------------------------------------------------------------------|
| R1 | Hamstring Bridge Leg Lifts with Elastic | 10x none alternating | Go slow and lift the knee as high as possible. Keep the hips parallel to the floor! |
| R2 | Turned Out Hamstring Bridges with Elastic | 10x | Come all the way up every time! |
| R3 | External Hip Recovery Rotations | 10x | Do not allow your hips to rotate or move at all. 100% of the movement should be isolated in the hips! |